

40 Developmental Assets

External Assets

Support

1. Family Support
2. Positive Family Communication
3. Other Adult Relationships
4. Caring Neighborhood
5. Caring School Climate
6. Parent Involvement in Schooling

Empowerment

7. Community Values Youth
8. Youth as Resources
9. Service to Others
10. Safety

Boundaries & Expectations

11. Family Boundaries
12. School Boundaries
13. Neighborhood Boundaries
14. Adult Role Models
15. Positive Peer Influence
16. High Expectations

Constructive Use of Time

17. Creative Activities
18. Youth Programs
19. Religious Community
20. Time at Home

Internal Assets

Commitment to Learning

21. Achievement Motivation
22. School Engagement
23. Homework
24. Bonding to School
25. Reading for Pleasure

Positive Values

26. Caring
27. Equality and Social Justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint

Social Competencies

32. Planning & Decision Making
33. Interpersonal Competence
34. Cultural Competence
35. Resistance Skills
36. Peaceful Conflict Resolution

Positive Identity

37. Personal Power
38. Self-Esteem
39. Sense of Purpose
40. Positive View of Self